

SEATED SIDE STEPS WITH A THERA-BAND

This exercise strengthens muscles important to side-to-side (lateral) stability. It may also help prevent falls, especially falls to the side, which are often the most devastating.

Benefits »

- ⦿ Strengthens hip abductors.
- ⦿ Allows participants to do seated strength training.

Set It Up »

You will need a Thera-Band for each participant.

How to Do It »

The Start

- ⦿ Participants sit tall, as described earlier, knees bent 90 degrees and feet flat on the floor, hip-width apart.
- ⦿ They place the middle part of the Thera-Band under both feet, bring the ends up between the knees, and hold the ends with the hands. The tightness, or resistance, of the band can be adjusted as appropriate during the exercise.

The Moves

Use the following cues.

- ⦿ Without lifting the foot, slide one foot and leg out to the side, as far as is comfortable and against the resistance of the band. Continue to sit tall.
- ⦿ Stop at the end point and hold a moment. Check that the knee is staying over the ankle.
- ⦿ Slide the foot and leg back to the starting position.
- ⦿ Repeat 6 to 12 times with each leg, as tolerated.
- ⦿ Do the same with the other leg.
- ⦿ Stretch the hip abductors when finished (cross one leg over the other and pull the knee gently toward the body).



Take It Further »

- ⦿ Get more resistance from the band by tightening up on the band. Or, use a stronger band.
- ⦿ Increase repetitions to 15.
- ⦿ Slow the pace or hold end positions a little longer.
- ⦿ Press both legs out to opposing sides at the same time.

Give It More Balance »

Move closer to the front edge of chair and work at maintaining a braced, strong core.

Keep It Safe »

Participants should keep the sliding foot on the ground. They shouldn't lift it as it moves out to the side. Check that the foot travels directly under the knee throughout the exercise. (It shouldn't look like the Charleston dance step.) Check that participants are maintaining a good Tall Sit throughout the exercise.